



# San Ramon Bah Humbug! 5K Fun Run & Walk

**Saturday December 3, 2016**

**Race Start Time: 9:00am**

Race Start & Finish: San Ramon Community Center, 12501 Alcosta Blvd.  
(925) 973-3200 [www.sanramon.ca.gov](http://www.sanramon.ca.gov)



## City of San Ramon Bah Humbug!:

Start the holiday season off with a healthy fun run or walk through San Ramon.

Participants will receive a holiday long sleeved shirt and the famous Bah Humbug! Ornament. The Bah Humbug is a chip timed race on a 3.1 mile course.

## Pre-Registration Packet Pick Up:

Bibs and Shirts will be available for pick up at the New San Ramon Sports Basement located at 1041 Market Place San Ramon, CA 94583, on Thursday, December 1st from 11:00 a.m. to 7:30 p.m.



20% off at Sports Basement on packet pickup day, December 1st! Just show your bib at the register! Some exclusions apply.

## Spread Holiday Cheer:

Runners are asked to bring a can of food to be donated to the Contra Costa County Food Bank to assist those in need during the holidays. Canned food donations will be collected at the registration table.

## Age Divisions:

0-8, 9-12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85+

## Registration Fee:

\$35 for online and postmarked registration by Sunday, November 27th. Registration fees increase to \$45 starting November 28th through race day. Preregistration family rate for 3 or more is \$30 per person and increases to \$45 November 28th. Must be immediate family only, and all entry forms must be submitted at the same time.

Race day registration tables open at 7:30am to 8:45am. Registration is available online at [www.active.com](http://www.active.com), search San Ramon Bah Humbug! or details can be found on the City of San Ramon website. Late or incomplete entries will not be accepted.

## Mail in entry forms to: On Your Mark Events

P.O. Box 1199  
Arnold, CA 95223

## Awards:

Medals are given to the first three finishers in each age division.

## Costume Contest:

Make sure to come dressed in costume this year and in the spirit of the holiday run.

Costume awards will be given for :

**Most Grinch-Like  
Best Holiday Spirit  
Best Group Theme**

The **Mayor's Crown**, will award the lowest combined times of the 2016 Bah Humbug! and 2017 Run San Ramon pre-registered 5k runner. The Mayor's Crown winner will be recognized at the 2017 Run San Ramon.

## Shirts & Ornaments:

All pre-registered participants may receive their bib **prior** to the event start. All race day registrants, and pre-registrants will receive their shirts upon completion of the event on a "first come-first serve" basis. Shirts and ornaments are only guaranteed to pre-registered participants.

**Register Online Now at [Active.com](http://Active.com), Search "San Ramon Bah Humbug!"**

**RACE ENTRY FORM— Make checks payable to **On Your Mark Events P.O. Box 1199, Arnold, CA 95223****

Yes, I want a shirt ☐ YS ☐ YM ☐ YL ☐ S ☐ M ☐ L ☐ XL ☐ XXL

☐ Single Registration - \$35 ☐ Family - \$30 per person (3 or more people, must register at the same time)

\_\_\_\_\_  
Last Name First Name Gender Age Day of Race

\_\_\_\_\_  
Address City Zip

\_\_\_\_\_  
Phone Number Email address (please print)

**WAIVER:** This is a legal document. Read it carefully. In consideration of your accepting the entry, I, intending to be legally bound, do hereby for myself and my heirs, executors, administrators waive all rights and claims of damage I may accrue against the City of San Ramon, On Your Mark, and the persons and organizations affiliated with the race, any sponsors, volunteers and committee members for any and all injuries suffered by me or en-route to or from the strenuous fitness races in San Ramon. I attest that I am physically fit and sufficiently trained for this competition and that my physical condition has been verified by a licensed M.D. in the last 6 months. I acknowledge that I have read and understood all of the above. I grant my permission to allow photo and/or other video images of myself to be used for promotional or information purposes.

Participants Signature \_\_\_\_\_ Date \_\_\_\_\_  
(If under 18, parent signature required)

# SPONSORS



## San Ramon Bah Humbug!

### 5K

## Fun Run & Walk

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**San Ramon**

**Central Park Community Center**

**12501 Alcosta Blvd.,**

**San Ramon, CA 94583**

**925-973-3200**

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**San Ramon, CA  
Permit No. 50  
ECRWSS**



**San Ramon Community Center  
12501 Alcosta Blvd.  
San Ramon, CA 94583**